

Growing Up (Year 5) – Lesson Plan

Overall aims and objectives
<ul style="list-style-type: none"> • To understand what puberty is and when it happens • Recognise the physical and emotional changes as we grow up • To understand how to keep our bodies healthy

Time	Activity
05 mins	Slide 1 & 2 – Introduction <ul style="list-style-type: none"> • Introduce yourself and explain what the session is about • Read Ground Rules, can add more if the students want to
02 mins	Slide 3 – Session Aims Reiterate the importance of listening and being considerate to each other
05 mins	Slide 4 – Playground Whispers Puberty is when our bodies change from a child to an adult
02 mins	Slide 5 – What is Puberty? Discussion around slide
03 mins	Slides 6 – When Do These Changes Happen? Discussion around slide
10 mins	Slide 7 – Activity – Body Mapping Explain the activity and hand out body maps. Ask the class to write or draw the changes that happen to our bodies during puberty.
05 mins	Slide 8 – What Changes Happen to Both Boys & Girls Ask the class to feedback from the body mapping activity for the changes that happen to both boys and girls. Refer to the notes.
05 mins	Slide 9 – What Changes Happen to Boys only? Ask the class to feedback from the body mapping activity for the changes that happen to boys only. Refer to the notes.

05 mins	Slide 10– What Changes Happen to Girls only? Ask the class to feedback from the body mapping activity for the changes that happen to girls only. Refer to the notes.
03 mins	Slide 11 – Emotional Changes Discussion around the slide and notes.
03 mins	Slide 11 – Your Changing Brain Discussion around the slide and include the notes information.
02 mins	Slide 12 – Slide to introduce staying healthy
05 mins	Slide 13 – How Can You Take Care of Yourself Ask the class if they know how they can stay healthy. Discuss the slide and notes information.
05 mins	Slide 14 – Hygiene Video Youtuber talking about hygiene.
03 mins	Slide 15 – 5 Ways to Wellbeing Play video for class.
05 mins	Slide 16 – It’s Good to Talk Ask the class who they might talk to if they needed support. Name the School Nurse and explain how to access the service.
10 mins	Slide 17 – Any Questions Pass around post it notes and ask all of the class to write something, even if they don’t have a question, it could be what they thought of the session, and then collect post it notes into the “ask it” basket. Answer questions as required.

Resources Required:

- Ensure Growing up Session is on your laptop
- Body Map print outs
- “Ask it” basket & Post-it notes